



4 - Patriot



6 - Bowling

CNO: Human Capital Strategy is a top priority

Chief of Naval Operations Public Affairs

Chief of Naval Operations (CNO) Adm. Mike Mullen told manpower and personnel officials Aug. 10 the time is now to deliver a comprehensive 21st Century Human Capital Strategy (HCS) for Sailors.

"I've been on record saying that sustaining our readiness and building the fleet for the future are two of my top priorities, and they are," Mullen said. "But I don't think we can accomplish either one without a strong focus on our people and their families. Getting it right for them in the future is what the Human Capital Strategy is all about, and I am interested in stepping out on it."

Mullen made his remarks to the HCS Symposium at the Naval Postgraduate School in Monterey, Calif. It was the third such symposium Navy leaders have conducted.

"This symposium builds on the great strategy work done to date and is an excellent forum to educate the cadre of specialists, provide a valuable opportunity to network with other members and lay the groundwork for the working-level

meeting in December," said Chief of Naval Personnel Vice Adm. Gerry Hoewing.

"We have amazing talent in the Navy," Mullen said, "and we need to continually look for ways to send that talent to challenging, meaningful, joint duty. It's a joint world out there, and it's getting more joint every day. The war on terror proves that."

The CNO also said he was looking for ways to improve diversity across the Navy. He noted the contributions of the year-old Diversity Directorate in increasing awareness but pledged his support to doing more.

"We need leaders for and from every part of our Navy. I want to take big steps each year to improve our diversity, especially in leadership positions, and I want a human capital strategy that helps us do that."

He praised the progress made on HCS and thanked the symposium attendees for their dedication. He also charged them to keep up the pace and encouraged them to try out new ideas on their own as they develop the strategy.

Dentist appreciates the value of a 'Dollar'...



Military personnel and a Japanese contractor observe U.S. Navy Dentist Lt. Howard Polansky, center, as he measures a needle to see how far it probed into a tooth during an emergency root canal on a military working dog named 'Dollar' at the on base veterinary clinic aboard Fleet Activities Sasebo (CFAS). Dollar, a German Shepard, was injured in during a patrol training session with an arm sleeve earlier this week. Military working dogs are privilege to many of the same health and retirement benefits as their human counterparts. (U.S. Navy Photo by PHAN Stephanie Lynne Johnson)

Brief Notes

Club Off Limits

Effective immediately, **Club Flava**, located at 4 - 3 Shimokyo-machi in Sasebo City, is off limits to **ALL** Status of Forces Agreement (SOFA) personnel. Any person visiting this establishment is in violation of this order and subject to disciplinary action.

Command Connection

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. This is a live, phone - in show giving you the chance to direct your questions/concerns to CFAS leadership!

USO Notes

Fleet Landing office closed for renovation until Sept. 30. It has been relocated to Bldg. 301, next to the Barber Shop. For more information, call the Nimitz Park USO at 252-3960.

Rug & Jewelry Sale

Sept. 5, 6, 7 and 8 at Dragon Crest. Persian rug sale: Sept. 16, 17 and 18 at Harbor View in the Liberty Room. Refreshments will be served.

DUI Counter:
20 days as of Aug. 18

USS Harpers Ferry hosts U.S. Ambassador to Brunei

JO2 (SW) Brian P. Biller
USS Harpers Ferry Public Affairs

U.S. Ambassador to Brunei Darussalam, Gene B. Christy, embarked the amphibious dock landing ship USS Harpers Ferry (LSD 49) during the underway phase of exercise Cooperation Afloat Readiness and Training (CARAT) Brunei Aug. 10.

Christy took advantage of his first experience underway to observe the interoperability between U.S. Sailors and Royal Brunei Armed Forces.

"It's my first genuine underway," said Christy, who explained he'd visited many ships in his career and had even been flown out to aircraft carriers, but this was his first time getting underway with a ship.

"It's been fascinating. I've enjoyed it thoroughly," Christy said of the ship. "It's a big machine that requires an incredible amount of attention to detail," he said, adding that he enjoyed seeing Sailors at their jobs and that he admired the professionalism of the crew.

Christy even got an opportunity to ride in a landing craft, air cushion (LCAC) during a tactical free-play exercise

between U.S. and Royal Brunei Navy ships in the late-night hours of his one-night stay.

Christy said he enjoyed the opportunity to observe a small part of an exercise and see where it fits into the whole, adding that it was one thing to see blips on a big screen, but he appreciated

level of cooperation and success that the two militaries enjoyed in doing something that they had never done before," he said.

Christy pointed out that exercises like DLQs, although commonplace for the United States, are quite a unique and rare experience for the Brunei military, and that the experience and interoperability earned

in CARAT exercises are part of what made real-world scenarios like the recent tsunami relief effort in Indonesia such a success.

In addition to DLQs and the tactical free-play exercise, CARAT ships also participated in a drone exercise, with a 'Banshee' drone provided by the Royal Brunei Armed Forces launched off of Harpers Ferry's flight deck during the ambassador's visit.

CARAT is a regularly scheduled series of bilateral military exercises between the United States and several Southeast Asian nations, designed to enhance interoperability of the respective sea services. The CARAT

phase began Aug. 4 with the arrival of the four-ship U.S. Navy CARAT task group.



U.S. Ambassador to Brunei Darussalam, the Honorable Gene B. Christy, speaks with Bruneian reporters on the deck of the amphibious dock landing ship USS Harpers Ferry (LSD 49). (U.S. Navy Photo by JO2 (SW) Brian P. Biller)

actually being one of the blips.

One of his most memorable experiences was during deck landing qualifications (DLQ) with the Royal Brunei Air Force.

"I was enormously impressed by the

Changes to the PFA instruction - making our Navy stronger

FLTCM (AW/SW) Jon Thompson
Atlantic Fleet Master Chief

By now you should have all read NAVADMIN 180/05 that highlights changes to our Physical Readiness Program. This message details improvements that are going to make our Navy stronger in many ways. The changes are aimed at establishing a positive culture of fitness that mandates each and every one of us to maintain our physical health and, in time, should guide all of us into a healthier lifestyle.

I have been a strong proponent of these changes for years. I have talked to hundreds of you about your physical fitness concerns and it seems to me that the changes outlined in the new NAVADMIN will help right our ship. For those of you who engage in your own physical fitness plan and eat healthy, the changes should not affect you much. However, for those of you who have not made physical fitness a priority, this message should serve as a wake-up call.

Before anyone jumps to the conclusion that the intent of the new changes is to punish Sailors who are not in shape, let me stress the real reason we are ushering in the changes. Your health is a readiness issue. Yes, your appearance is important and you need to strive to look your best, but when you are out of shape, you are not able to serve the Navy to your fullest capability. Additionally, the long-term health costs to care for a Sailor who is out of shape are far greater than the costs of taking care of a healthy Sailor.

Some of you may be asking why the Navy needs to put so much emphasis on physical fitness. The answer is simple. As Chief of Naval Operations, Adm. Mullen just relayed to all of us, "The Navy is first and foremost a fighting, sea-going service." That short statement says a lot in my opinion. Each of us needs to be ready, at a moment's notice, to step up and do what's necessary. For some in our ranks, that means deploying to combat zones and working long hours in intense heat. For others, it means deploying on ships and submarines where maintaining your physical fitness is a challenge. My guess is that if you are not in shape when you deploy, you will have an uphill battle in trying to improve during the deployment.

Shipmates, getting in shape and

staying in shape is not only a Navy leadership issue, it's a personal responsibility. If you are overweight, the person most accountable for your situation is you. The Navy is going to continue to offer up opportunities and equipment to help you lose weight and get in shape, but ultimately it's you who needs to commit to the program. If you haven't figured it out yet, the Navy takes your health seriously, and so should you. As each of us aspires to leadership, I challenge everyone to help those around you who may need some motivational help. If you are going to the gym, take someone with you.



FLTCM(AW/SW) Jon Thompson
Atlantic Fleet Master Chief

When you read the new NAVADMIN you saw that the Navy is going to implement some measures that could affect your frocking, advancement and perhaps retention. Staring with the fall PFA, if you fail the test, your advancement recommendation will be removed. I agree with that measure. Think about it - we want Sailors to move up the ranks that meet or exceed all our standards, professionally, personally and physically. It only makes sense to me that we should not advance people who are outside the standard.

Some of the other changes detailed in the NAVADMIN include providing Sailors

time during their workweek for physical fitness activities. Commands should also focus on helping Sailors reduce body fat.

For those of you who are out of standard, the Navy is now going to track your progress. Unless you show a one percent decrease, per month, following a failed BCA, will be processed for administrative separation. Again, the goal here is to afford every Sailor a chance. Whether or not you take that chance is up to you.

One final thing I'd like to address is the physical fitness assessment itself. In the past, we took the test once and the score we achieved was final. Today we've changed that to offer Sailors a chance to retake the test at anytime during a command's PFA cycle. I like this change because I, like you, know only too well it's possible to have a bad day. If you don't feel good, or are coming off watch, and you take the test, you may not be able to do your best. The new change affords you the opportunity to improve your score.

Whether or not the Navy truly becomes a more fit service depends on each of us to realize our role, both personally and as leaders. Command support is paramount. We need to promote physical fitness and healthy lifestyles. We need to ensure each Sailor has the opportunity to participate in physical fitness activities. We need to ensure those Sailors who are outside our standard are provided motivation and assistance to bring them back within standards. I'm counting on each of you to do your best to get in shape, stay in shape, and help all those around you to improve their health as well.

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Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

DoD launches Deployment Health, Family Readiness library

From American Forces Press Service

Service members, their families and their health care providers have a new online Defense Department resource for deployment health issues.

The DoD Deployment Health Risk Communication Working Group and the Joint Task Force for Family Readiness Education on Deployments have joined together to create the Deployment Health and Family Readiness Library.

Ellen P. Embrey, deputy assistant secretary of defense for force health protection and readiness, announced the new online library

Aug. 9. It is intended to provide service members, families and healthcare providers a quick and easy way to find the deployment health and family readiness information they value, she said.

"Information is a powerful tool. We must remain proactive in providing deployment-related health information to better safeguard our service members," she

said. "Most people fear the unknown. Through accurate, timely information, we are able to ensure that our service members are better equipped to prepare for, cope with and recover from the myriad of health risks faced during deployments."

The online library includes fact sheets, guides and other products on a wide variety of topics. The topic listing was

for accurate information before the deployment. While the service members are deployed, their families are especially interested in getting deployment health-related information, she noted, and following deployments, both service members and families look for this information.

Embrey said many information sources are available online, but noted that too often, it's difficult to tell if the information source is accurate.

"We are absolutely committed to providing the best information found in sound science and based on medical evidence," Embrey said. "We want this site to be the

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-Ellen P. Embrey

Deputy assistant secretary of defense for force health protection and readiness

based on feedback from service members, their families, and health care providers, Embrey said. New information will be added to the site as new topics and areas of concern emerge, she added.

In focus-group meetings, Embrey explained, service members and their families have said their need for information varies before, during and after deployments. Leaders, in particular, look

authoritative source for deployment health and family readiness information. This is another step we are taking to ensure that those who protect our country and our freedoms are also protected."

For more Department of Defense news, visit www.defenselink.mil.

Sixth phase of Southeast Asia exercise series underway

JOC Melinda Larson

Commander Destroyer Squadron 1 Public Affairs

The sixth and final phase of the 2005 Cooperation Afloat Readiness and Training (CARAT) exercise series is underway following an Aug. 16 ceremony that marked an official start to a weeklong series of events ashore and at sea focused on increasing maritime interdiction capabilities of the U.S. and Philippine navies. Nearly 2,000 personnel from the armed forces of both nations and nine ships are taking part in the exercise.

In its 11th year, CARAT is an annual series of bilateral military training exercises with several Southeast Asia nations designed to enhance the interoperability of the respective sea services in a variety of mission areas that are mutually beneficial. This year's CARAT series focuses on the development of skills useful in tackling maritime threats.

"These threats include maritime piracy and armed robbery, as well as maritime terrorism and transnational crimes committed at sea," said Commander, Task Force 712, Rear Adm. Kevin Quinn, the executive agent for CARAT, during remarks at the opening ceremony in the Subic Arts Center.

"This year's edition of CARAT gives our two navies a great opportunity to practice some critical skills that can be applied to tackling those threats."

Those skills important to building operational confidence between the U.S. Navy and the Philippine Navy include sharing maritime security skill sets such as how to board a suspected rogue ship, question its crew, and search for contraband.

"Piracy and sea robbery tend to be focused in this region of the world," Quinn told the media following the opening ceremony. "Having the ability to work together to counteract those threats is very important."

Acting on threats together means working jointly in nearly every shipboard environment including communications, at-sea maneuvering, and command and control. Air and amphibious operations are also a part of the training mix.

"All of our exercise events are designed to create as

much interaction as possible between our Sailors and Marines," Quinn said. "The only way two navies can operate efficiently together at sea is through a common set of procedures, and through good communications." Key to every level of operations is communications, Quinn emphasized, noting that will be possible between both navies via the Combined Enterprise Regional Information Exchange System (CENTRIXS). The real-time communications asset promotes joint situational



A Philippine Marine salutes the Ensign during the opening ceremony for the Philippines phase of exercise Cooperation Afloat Readiness and Training (CARAT) 2005. Approximately 2,000 personnel from the armed forces of both nations are taking part in the exercise, which will focus on increasing maritime security capabilities, but also includes amphibious, diving and salvage, and standard surface warfare drills. (U.S. Navy Photo by PH1 David Votroubek)

awareness and allows information to be shared securely. One of many highlights of the week-long exercise includes an amphibious landing. More than 150 Philippine Marines will embark USS Harpers Ferry (LSD 49) to conduct a landing with landing craft air-cushion (LCAC) from Assault Craft Unit 5 detachment Western Pacific Alpha currently assigned to the ship.

"Basically a navylo-navy exercise, CARAT specifically involves combined naval tactical operations involving fleet forces by deploying and employing naval surface,

air, special operations groups and Marine forces of the U.S. and the Philippines," Commander, Philippine Fleet, Rear Adm. A Abueci Jr., said during his opening remarks. "This exercise is a very strategic and operative venue in which our Sailors and Marines train cross-culturally with those of the U.S. Navy"

Pierside boardings will prepare combined U.S. and Philippine boarding teams for a realistic at-sea boarding exercise.

Divers will hone their skills during combined diving and salvage exercises.

"Our Sailors must be well trained in the various skills that form the foundation of their professional knowledge," Quinn said. "CARAT adds extra value to these efforts because our forces train together, and learn from each other."

Sailors will also interact with members of the local community through a series of medical and dental, and engineering civic action projects in the surrounding area. In addition, Sailors will perform handy work and spend time with students at several schools in nearby Olongapo.

"The interface between our people is a true hallmark of CARAT and one of the most important aspects of the exercise," Quinn said.

Capt. Buzz Little, commander, Destroyer Squadron 1 and the CARAT task group will lead the combined CARAT task group, along with his Philippine counterpart, Commodore Octavio Pabuayan.

The U.S. CARAT task group is made up of the dock landing ship USS Harpers Ferry (LSD 49), the guided missile frigate USS Rodney M. Davis (FF0 60), the guided missile destroyer USS Paul Hamilton (DDG 60) and the rescue and salvage ship USS Safeguard (ARS 50). Other elements, including P Orion and SH-60 Seahawk aircraft, U.S. Navy Seabees from Naval Mobile Construction Battalion Five, based in Port Huenemme, Calif., LCACs, a U.S. Coast Guard training team and U.S. Army veterinarians will also take part in CARAT Philippines.

Philippine CARAT assets include the patrol ships BRP Rizal (PS74), BRP Emelio Jacinto (PS35), the landing ship vessel BRP Bacolod City (LCS50), and the two patrol gunboats BRP Hilario Ruiz (PG378) and BRP Timoteo Figoracion (P0389). Fixed wing aircraft and helicopters, two Naval Special Operations Groups and the I Marine Battalion will be involved with the exercise.

Japan America Society organizes visit to forward-deployed Guardian

JOSN Adam R. Cole

Task Force 76 Public Affairs

A group of Japanese business leaders and their families from Miyazaki prefecture made a four-hour trip to Sasebo Aug. 9 to get a close-up view of the forward-deployed U.S. Navy and to tour USS Guardian (MCM 5).

The visitors, 47 in all, came as part of a trip organized by the Miyakonojo Japan America Society. The society, mostly made up of business leaders, offers cultural and educational programs, and special events to promote awareness and strengthen the Japanese-American relationship.

"It's important for these people to have this type of interaction," said Takafumi Sato, political advisor, American Consulate Fukuoka. "It allows them to see firsthand the U.S. military presence within Japan."

Guardian's Ensign Hisao Kanzaki led the tour of the mine countermeasures ship, taking guests to visit the fantail, bridge

and mess decks. The visitors seemed quite impressed by their surroundings, and marveled at all the buttons and hatches and even gave a light spin on the Helmsman's wheel on the bridge.

"It was a good time," said Hiroko Horiuchi, smiling broadly. Her favorite part was driving the ship, she explained, as she gestured with her hands while pretending to be at the wheel.

The children in attendance were playful and delighted to be aboard Guardian.

"Sugoi" said Yuki Hiraoka, 10, which is the Japanese word for 'awesome.'

Miyakonojo Japan America Society President Toshiyuki Matsuura, director of Keinjinkai Jonan Hospital and Jonan Clinic in Miyakonojo, arranged the trip. His goal was to show members of his organization the U.S. base and let the members meet American Sailors.

"America has the great ability to protect Japan and this region," said Matsuura, proudly holding a Guardian command ball cap. "It is important for us to create stronger American-Japanese

relations, especially in times of conflict, when Japan and America will work together to fight against terrorists."

Kanzaki was happy to be able to provide the tour.

"Having the guests come aboard puts in perspective that we are here not only to defend freedom in various parts of the world but also to protect the Japanese people," said Kansaki. "It's important for us to show that we care and to show the true side of this Navy, the hard-working, respectful side."

"This was a great opportunity to showcase the American Navy," said Lt. Cmdr. Delbert Yordy, Guardian commanding officer. "We are the best that America has to offer, and we're very



The Miyakonojo Japan America Society organized a trip to the forward-deployed mine countermeasure ship USS Guardian (MCM 5). (U.S. Navy File Photo)

proud to display that whenever we can."

At the end of the tour, the visiting Japanese children honored the Sailors of Guardian and rendered a smart salute to Kanzaki before getting back on the tour bus. He proudly returned the salute for his ship and his country.



Waterskiing With Sailing & Outdoor Adventure Center

This is a great way to enjoy fun in the sun for just \$15 per person. The next waterskiing trip is scheduled for Saturday, Aug. 20 from 10 a.m. until 2 p.m. If you can't make that one, there is one more this month, Sunday, Aug. 21 from Noon until 4 p.m. Let the staff at the Sailing & Outdoor Adventure Center (located directly across the street from the Community & Education Center) take you and your friends out for a fun-filled four-hour session on the water. Beat the heat. Call 252-3500 for more information.

Powerboat Safety Classes

Have you ever wanted to check out one of the sleek powerboats at OREC and head out for a spin on the water? You can, but first you'll need to complete the Powerboat Safety Class offered at OREC several times each year. There are classes scheduled for Monday, Aug. 22 and 29. For more information, call 252-3500.

Odd & Even Bowling Tournament

On Saturday, Aug. 27 you'll have an opportunity to participate in a special Odd & Even Bowling Tournament at the Spare Time Recreation Center. The cost is \$15 per bowler. You must be 18 years or older to participate. The fun gets underway at 6:30 p.m. This tournament consists of four games of bowling. Even numbers count as strikes while odd numbers count as spares. The highest total pin fall determines the winner. Total number of participants determines prize money. For more information, call 252-3634.

Dive, Dive, Dive

The Sailing & Outdoor Adventure Center has arranged

a two-tank boat dive trip on Saturday, Aug. 27. The cost is \$40 per person. If you don't have all the necessary SCUBA gear, you can rent dive gear from the Sailing and Outdoor Adventure Center at extremely reasonable rates. For more information, call 252-3500.

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the beach every Sunday through Aug. 28, courtesy of your MWR. The bus departs Main Base from the Showboat Theater parking lot at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 and under must be accompanied by an adult. For more information, call 252-3433.

L.A. Lakers Cheerleaders

Don't miss the opportunity to meet the L.A. Lakers Cheerleaders in person on Monday, Aug. 22. Hario Fitness Center will host a Youth Clinic beginning at 2 p.m. An Exhibition Show will take place at the Fleet Fitness Center at 5:30 p.m. followed by a Meet & Greet at Galaxies starting at 7:30 p.m. All appearances are FREE! For more information, call 252-8960.

Wrestling Superstars of the WWA

For all you wrestling enthusiasts, be sure to check out the Superstars of the WWA on Tuesday, Aug. 23. See your favorite wrestling stars in person during an autograph session beginning at 6:30 p.m. at the Fleet Fitness Center. The action kicks off at 7 p.m. The show is FREE. For more information, call 252-8960.

Japanese Antique Exhibition & Kendo Demonstration

Enjoy a display of selected beautiful antique armor and learn the history of each piece. View a Kendo demonstration and discover the traditions of this unique sport. These presentations take place Sunday, Aug. 21 from Noon - 4 p.m. in the Harbor View Club's Oriental Garden. For more information, call 252-2928.

Living in Japan: Medical care differences in Japan

Okay, I will admit that I have very little actual knowledge about relative differences between the U.S. and Japanese health care systems, but from what I do know, they appear to be vastly different to me. About eight years ago, my mother was felled by a combination of a heart attack and a stroke. They got her to the hospital very quickly and my sister called me about her condition. Rose and I were on a plane the next day, arriving at her bedside about 48 hours after the occurrence.

She was awake and looking pretty good when we got there, but I was dumbfounded to hear that the HMO she was with was requiring her to vacate the hospital by Noon the next day.

That determination came due to the fact that the hospital had listed her as 'stable'. She went into days of bedridden status at home, without the benefit of trained nurses or proximity to life saving equipment – something that worried the family greatly.

Now, in Japan, with its form of socialized medicine, doctor's visits and hospital stays are amazingly cheap, by world standards, with the government picking up a huge portion of the healthcare tab for its citizens. A downside to this luxury is the hospital's unwillingness to release patients to go home. An empty bed doesn't generate revenue – so patients with fairly mundane ailments, by our standards, are forced to remain hospitalized for weeks and as long as a month, before the doctor will sign their discharge paperwork.



**Jerry Havens
FFSC Supervisory
Programs Manager**

In 1994 I was diagnosed with gallstones. A month after the diagnosis I was admitted to Yokosuka Naval Hospital at 7 a.m. one morning, operated on before Noon, and released to go home around Noon the next day – fully ambulatory. A very dear Japanese friend of mine was recently diagnosed with gallstones. He was admitted to the hospital where they kept him for one full month, feeding him intravenously, with no solid foods allowed, as they dripped a solution into him designed to shrink the stones.

Following this, he was released for a week and then had to return to the hospital for another week's stay to actually have his gallbladder removed. This is one example, of which I have many more from my long stay in Japan. The health care system is excellent, but everything moves at the pace of a snail on Qualudes.

Over simplifying the comparison, it would seem to break down to quick and uncaring as opposed to slow and greedy.

Schedule for August 19 - 28
Movie schedule is subject to change without notice.

<p>SHOWBOAT Telephone: 252-3822</p> <p>FRIDAY, AUGUST 19</p> <p>6:30 p.m. (PG-13) • Bewitched 9:30 p.m. (PG-13) • The Dukes of Hazzard Midnight (PG-13) • Cinderella Man</p> <p>SATURDAY, AUGUST 20</p> <p>6:30 p.m. (G) • Herbie: Fully Loaded 9:30 p.m. (R) • George A. Romero's Land of the Dead Midnight (PG-13) • Batman Begins</p> <p>SUNDAY, AUGUST 21</p> <p>6:30 p.m. (G) • Herbie: Fully Loaded 9:30 p.m. (PG-13) • The Dukes of Hazzard</p> <p>MONDAY, AUGUST 22</p> <p>6:30 p.m. (PG-13) • The Dukes of Hazzard</p> <p>TUESDAY, AUGUST 23</p> <p>6:30 p.m. (G) • Herbie: Fully Loaded</p> <p>WEDNESDAY, AUGUST 24</p> <p>6:30 p.m. (PG-13) • Bewitched</p> <p>THURSDAY, AUGUST 25</p> <p>6:30 p.m. (R) • George A. Romero's Land of the Dead</p> <p>FRIDAY, AUGUST 26</p> <p>6:30 p.m. (PG) • Rebound 9:30 p.m. (PG-13) • The Honeyymooners Midnight (PG-13) • War of the Worlds</p> <p>SATURDAY, AUGUST 27</p> <p>6:30 p.m. (PG) • Rebound 9:30 p.m. (PG-13) • Stealth Midnight (PG-13) • Mr. & Mrs. Smith</p> <p>SUNDAY, AUGUST 28</p> <p>6:30 p.m. (PG) • The Adventures of Sharkboy and Lavagirl 9:30 p.m. (PG) • Rebound</p>	<p>MWR THEATERS</p> <p>Bewitched (PG-13) Starring: Nicole Kidman, WY Farnell, Shirley MacLaine, Michael Caine and Steve Carell Hot-shot actor Jack Wyatt, set to star as Darwin in a film version of the '60s TV series "Bewitched," finds his ideal Samantha, an unknown actress Isabel, just happens to be a witch in real life.</p> <p>THE DUKES OF HAZZARD (PG-13) Starring: Johnny Knoxville, Seann William Scott, Jessica Simpson, Burt Reynolds and Willie Nelson This story follows the adventures of "good old boy" cousins, Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine running Uncle Jesse, try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Their efforts constantly find the "Duke Boys" eluding authorities in "The General Lee," their famed 1969 orange Dodge Charger that keeps them one step ahead of the dimwitted antics of the small southern town's Sheriff Roscoe P. Coltrane.</p> <p>CINDERELLA MAN (PG-13) Starring: Russell Crowe, Renée Zellweger, Bruce McGill, Anel Walker and Paddy Considine Set in New York during the Depression, this is the story of James Braddock, who takes up boxing to make money to feed his family, and ends up becoming quite famous in the process, eventually going up against champ Max Baer.</p> <p>HERBIE: FULLY LOADED (G) Starring: Lindsay Lohan, Justin Long, Breckin Meyer, Matt Dillon and Michael Keaton Maggie Peyton is the new owner of Number 53 - the free-wheelin' Volkswagen bug with a mind of its own. She puts the car through its paces on the road to becoming a NASCAR® competitor.</p> <p>REBOUND (PG) Starring: Martin Lawrence, Wendy Raquel Robinson, Breckin Meyer, Horatio Sanz and Megan Mullally Following a public meltdown, a high-strung college basketball coach must redeem himself by leading a junior high school team consisting of athletically challenged youngsters.</p>	<p>HARIO VILLAGE Telephone: 252-8753</p> <p>FRIDAY, AUGUST 19</p> <p>2 p.m. (PG-13) • Stealth 6:30 p.m. (PG) • The Perfect Man 9:30 p.m. (PG-13) • Mr. & Mrs. Smith</p> <p>SATURDAY, AUGUST 20</p> <p>2 p.m. (PG) • How's Moving Castle 6:30 p.m. (PG-13) • Stealth 9 p.m. (PG-13) • Lords of Dogtown</p> <p>SUNDAY, AUGUST 21</p> <p>2 p.m. (PG-13) • Stealth 6:30 p.m. (PG-13) • Lords of Dogtown</p> <p>THURSDAY, AUGUST 25</p> <p>6:30 p.m. (PG-13) • Batman Begins</p> <p>FRIDAY, AUGUST 26</p> <p>2 p.m. (PG) • How's Moving Castle 6:30 p.m. (PG-13) • Bewitched 9:30 p.m. (PG-13) • The Dukes of Hazzard</p> <p>SATURDAY, AUGUST 27</p> <p>2 p.m. (PG) • The Perfect Man 6:30 p.m. (G) • Herbie: Fully Loaded 9 p.m. (R) • George A. Romero's Land of the Dead</p> <p>SUNDAY, AUGUST 28</p> <p>2 p.m. (G) • Herbie: Fully Loaded 6:30 p.m. (PG-13) • The Dukes of Hazzard</p>
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FEATURED PREMIERE
George A. Romero's Land of the Dead (R)
Starring: Simon Baker, Asia Argento, Dennis Hopper, John Leguizamo & Robert Joy

In a modern-day world where the walking dead roam an uninhabited wasteland, the living try to lead "normal" lives behind the walls of a fortified city. A new society has been built by a handful of enterprising, ruthless opportunists, who live in the towers of a skyscraper, high above the hard-scrabble existence on the streets below. But outside the city walls, an army of the dead is evolving. Inside, anarchy is on the rise. With the very survival of the city at stake, a group of hardened mercenaries is called into action to protect the living from an army of the dead.

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- No cashbacks, credits, vouchers, substitutions or status are allowed in the theater.
- No outside food or beverages allowed.
- CINE-PASS is not valid at the Showboat & Village Theater.

Essex Sailors bowl a strike with local children's home

JOSN Jeff Johnstone
CFAS Public Affairs

USS Essex (LHD 2) Sailors hosted children from Koyo Ryo children's home Friday, Aug. 12, and provided them with a fun-filled day of bowling and games at the Spare Time Recreation Center.

A total of 15 volunteers from Essex were on hand for the day's activities.

According to the event's coordinator, this was a rare opportunity to show kids around Fleet Activities Sasebo (CFAS).

"We've worked with this particular home for quite a few years," he said. "With most community relations events, we normally go directly to the children's home, rather than them coming to us. Most of these kids have probably never even been here before."

The kids' ages ranged from as old as



Children from Koyo Ryo children's home help themselves to some pizza after bowling at the Spare Time Recreation Center Friday, Aug. 12. Volunteers from USS Essex (LHD 2) took the kids out for a fun-filled day of bowling and games. (U.S. Navy Photo by JOSN Jeff Johnstone)

16, to as young as eight.

The children were all smiles as they bowled and played video games, and had the chance to enjoy their day.

"They had a great time," said the event coordinator. "They were smiling, laughing and enjoying themselves immediately."

After the children bowled several games, they played video games, air hockey, billiards or simply conversed amongst each other. Later, they would chow down on pizza at lunchtime.

Last Summer, Essex Sailors hosted a picnic for a children's home at Nimitz Park.

"This is why we're here," said the event coordinator. "Events like these help us show our human side, and we can let kids be kids and enjoy themselves."

Safety Corner: Recent black flag days warrant heat stress reminder

Charles Carr
CFAS Safety Department

The Safety Office cautions everyone on the many dangers that personnel face this particular time of year: heat, excessive alcohol consumption, drinking and driving and sports injuries to name a few. Safety offers these tips on "How to stay cool" and warning signs for recognizing, evaluating and controlling heat stress:

1. Drink cool water. Anyone working in a hot

environment should drink cool water in small amounts frequently — one cup every 20 minutes. Supervisors should make water available. Avoid alcohol, coffee, tea and caffeinated soft drinks, which cause dehydration.

2. Dress appropriately. Wear lightweight, light-colored, loose-fitting clothing and change clothing if it gets completely saturated. Use sunscreen and wear a hat when working outdoors. Avoid getting sunburn.

3. Work in ventilated areas. All workplaces should have good general ventilation as well as spot cooling in work areas of high heat production. Good airflow increases evaporation of sweat, which cools the skin.

4. Work less, rest more. Supervisors should assign a lighter workload and longer rest periods during days of intense heat. Short, frequent work-rest cycles are best. Alternate work and rest periods with longer rest periods in a cooler area, and schedule heavy work for cooler parts of the day.

5. Ask how workers are feeling. Supervisors should monitor workplace temperature and humidity and check workers' responses to heat at least hourly. Allow a large margin of safety for workers. Be alert to early signs of heat-related illness and allow workers to stop their work for a rest break if they become extremely

uncomfortable.

6. Know the signs and take prompt action. Employees and employers should learn to spot the signs of heat stroke, which can be fatal. Get emergency medical attention immediately if someone has one or more of the following symptoms: mental confusion or loss of consciousness, flushed face, hot, dry skin or has stopped sweating.

7. Reduce work for anyone at risk. Supervisors should use common sense when determining fitness for work in hot environments. Lack of acclimatization, age, obesity, poor conditioning, pregnancy, inadequate rest, previous heat injuries, certain medical conditions and medications are some factors that increase susceptibility to heat stress.

8. Check with your doctor. Certain medical conditions such as heart conditions and diabetes, and some medications can increase the risk of injury from heat exposure. Employees with medical conditions or those who take medications should ask their doctors before working in hot environments.

Birth Announcements

A service of your FFSC New Parent Support and Sasebo Soundings

Kevin Tatsuhiro Memory

Born on July 11, 2005 in Dr. Higashijima's Ladies Clinic to Mother, Sumiko Memory, and Father, FC2 Adrien Lee Memory of USS Essex (LHD-2). Kevin weighed six pounds, five ounces at birth. Kevin joins his two sisters, Maria and Elisa in filling out the Memory family.

Camden Liam Mitchell

Born on Aug. 1, 2005 in Dr. Higashijima's Ladies Clinic to Mother, Jennifer Mitchell, and Father, MA2 Jack D. Mitchell of CFAS Security Department. Camden weighed 8 pounds even at birth. Big sister, MiKayla, is excited to have a little brother to take care of.

Bryce Q. Danlag

Born on June 24, 2005 in Sogo Hospital to Mother, Jenny Q. Danlag, and Father, PO2 Bruce S. Danlag of USS Fort McHenry (LSD-43). Bryce weighed seven pounds 11 ounces at birth. Both Jarek and Brandel are thrilled to have a baby brother in the house.

Emily Miyoko Duke

Born on Aug. 9, 2005 in Dr. Higashijima's Ladies Clinic to Mother, Cheryl Ann Duke, and Father, HM2 Guy Duke of Sasebo Branch Health Clinic. Emily weighed an even eight pounds at birth. She is the first child for Mr. and Mrs. Duke!

Congratulations to these proud parents and welcome to these wonderful new additions to our Sasebo Navy family.

See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.

Obon lantern festival lights up Sasebo...



Lanterns align the Albuquerque Bridge as Sasebo citizens participate in a lantern festival. Families light lanterns and place them in the Sasebo river in honor of lost loved ones during Obon. (U.S. Navy Photo by JOSN Jeff Johnstone)

CLASSIFIEDS

VEHICLES

(Exp. Sept. 3) **1994 Honda Prelude**. JCI- Mar. '07. 5 speed, cold a/c, cd/mini disc player, 17" rims. \$2,000 (OBO). Call David at 252-8164.

(Exp. Sept. 3) **1992 Mitsubishi Pajero**. JCI- May '07. New batteries and tires. Turbo timer, 4 wheeled diesel, excellent family car, and very cold a/c. \$3,800 (OBO). Call at 252-7280 or 090-6638-9162.

(Exp. Sept. 3) **1996 Honda Saber**. JCI- Sep. '07. New tires. Contact Chris at 090-3664-6184 or 252-8363.

(Exp. Sept. 3) **1994 Mitsubishi RVR (4X4)**. JCI- Aug. '07. New tires, brakes, engine seals, transmission etc. Excellent shape. Fantastic family vehicle. Must sell ASAP X-fer to USA Sept. \$2,500 (OBO). FMI contact 252-8167 leave message.

(Exp. Aug. 27) **1993 Toyota Starlet**. JCI '07. 4 door hatchback, new brake and belts. Great A/C, good tires and runs great. \$1,500 (OBO). Call 252-7409 after 5 p.m. or 090-8390-0483.

(Exp. Aug. 27) **2003 Suzuki Lets II Moped**. Only has gone 290 kilometers. \$750 (OBO). Call Chris or Mary at 0956-34-4124.

(Exp. Aug. 27) **1996 Nihon Ford**. JCI- July '07. All power, loaded, great A/C, great family car. Outstanding condition, always maintained. \$2,500 (OBO). Call Mike at 252-3701 (day) or 252-8128 (night).

(Exp. Aug. 27) **1995 Nissan Prairie Joy**. JCI- Sep. 2006. CD player, snow chain included, great family car. \$2,500 (OBO). Work phone is 252-3700 or call Danny and Eriko at 252-8177.

(Exp. Aug. 27) **1997 Nissan Wingroad Station Wagon**. JCI - Aug. '06. Automatic, A/C, power everything, AM/FM/CD/ Cassette stereo plus 12 - CD disc changer. Runs great. \$3,000. Call 090-4342-6978.

MISCELLANEOUS

(Exp. Sept. 3) Black finished bunkbed w/ mattress (lighted study table under)- \$75. All glass dining table w/ six chairs \$200. Four black bar stool chair w/ table \$100. Big size microwave oven \$80. One black love seat couch \$20. New (never used) truck speaker \$40. Black CD/DVD stand \$25. Call at 090-5480-0497 or 252-7267.

(Exp. Sept. 3) Phone rights for sale \$250, free hamster complete with cage, food, wood shavings and accessories. Please call at 252-8284.

(Exp. Sept. 3) Skypeperfect, \$60. Call 252-8355.

(Exp. Sept. 3) Curio Cabinets, end tables, coffee tables, grandfather clocks, china buffets, corner bars and more. Profits go back to the community through the programs offered by the USO. FMI: call the USO Nimitz park at 252-3960 and Ask for Bridget.

(Exp. Aug. 27) Induction of FIL-AM Officers, 2550 Aug. 27, Saturday. Harbor View Club at 17:30. Attire - formal. This event is for adults only. Free childcare is available. Pre - Registration for childcare is required. FMI- 252-7216/ 252-8274/ 252-7237. Everyone is invited.

(Exp. Aug. 27) Family yard sale at Kiku Tower on Aug. 27, 2005. From 0800 - Noon. Lots of great bargains, everything must go. Come make us a deal. Don't miss out on this once in a lifetime bargain!

(Exp. Aug. 27) Skypeperfect, \$60. Call 252-3588.

(Exp. Aug. 27) Sony 50 plus one CD, two cassettes, AM/ FM, Dolby NR, remote control, two speakers mini-hi-fi for sale. \$150 (OBO). Call Gwyneth Martin at 48-4838 or e-mail at gwynmartin@gmail.com for picture.

HOME BUSINESS

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

Tobacco Cessation. Kick the habit. Begin your independence from tobacco (cigarettes, dip, snuff) and enjoy better health and more money in your pocket. Where: Training Room B, second floor, Public Works. (Bldg. 200). When: 1400-1530 Tuesdays in September 6th, 13th, 20th, 27th (Must attend all four). How: call the appointment like at 252-2550 to sign up. POC: LT Reese, Naval Branch Health Clinic 252-2551.

Parlez-vous Francais? Well I do! If you want to practice your French or learn French, private or group lessons ok. Call 252-8623, or 090-1763-2523.

Experienced in teaching English to children and adults. Private and group lessons available. Call 252-8623.

Part-time daycare services needed for active duty single parent of 6 yr. old boy. Reliable person needed for 24 hour duties and occasional TAD's. Will discuss payment. Please contact Brenda Gonzales at 09017670359 or 252-2587

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555.

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Several locals interested in meeting learning partners: you share a little English and in turn, they'll teach you Japanese. No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

English teacher, holding Bachelor's degree in Communications is offering classes now. Experienced in preparing college students for TOEIC examinations. Also inviting Japanese toddlers to join playgroups on Sundays. Call 252-8555 for more information.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

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Paws 'n' Claws Pet Kennel. If you know someone PCSing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School). Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

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Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

The Pampered Chef celebrates Fathers Day! Get 60 percent off ENTIRE barbeque tool set when you host a June Kitchen/Catalog show. A great Father's Day gift! Receive a 10 percent discount card for one year and free products! Call Pampered Chef consultant Florence Franks anytime at 080-5201-7164 or 252-7302, or reach me by e-mail at <geneflo3@hotmail.com>.



ICE WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfcs.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime

For more information, please contact CMDR. H.E. Ranard, CFAS Command Chaplain at 252-3380.

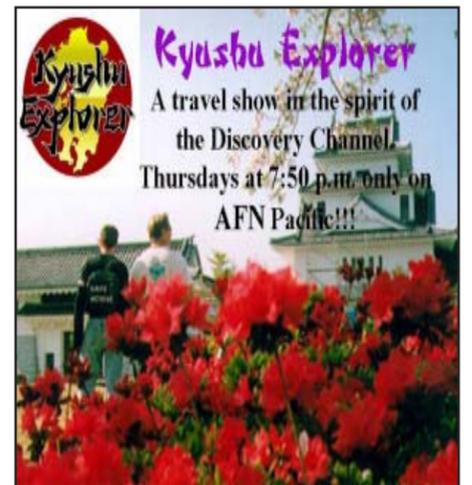
WHAT'S HAPPENING?

Free Shirahama Beach Shuttle Bus

The Shirahama Beach Shuttle Bus makes round trips from Main Base to the popular beach every Sunday through August 28, courtesy of your MWR Department. The bus departs Main Base from the Showboat Theater parking lot at 11 a.m., Noon, 2 p.m. and 4 p.m. Return trips depart Shirahama Beach at 1 p.m., 3 p.m., 5 p.m. and 6 p.m. Children 12 & under must be accompanied by an adult. For more information, call 252-3433.

Choices Luncheon

The female mentoring program, "Choices" (formerly known as the Women's Brown Bag Lunch) will be having its next lunch meeting on Aug. 31 from 11 a.m. - 12:30 p.m. at the Shogun Café [galley], and we will be talking about Sexual Harassment. FMI please contact Chaplain Mitchell at 252-3380.



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1000 - 1800	Sunday	1000 - 1800
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Closed	Tuesday	1000 - 1900
1000 - 1900	Wednesday	Closed
1000 - 1900	Thursday	1000 - 1900
1000 - 1900	Friday	1000 - 1900
1000 - 1800	Saturday	1000 - 1800



Fleet Gym 252-3588

Hario Gym 252-8691

Fort McHenry MVP dreams of big hoops future

JO3 David J. Ham

USS Fort McHenry (LSD 43) Public Affairs

Many players dream of making it big in professional sports. For some it becomes reality, for others, they just fall short. For one Fort McHenry Sailor, that dream is well on its way to becoming reality.

Fort McHenry's disbursing officer, Lt. j.g. Francis Ebong, a member of the ship's basketball team, has made his hoop dreams into a reality when he was chosen as the All - Navy basketball tournament team's Most Valuable Player (MVP) at a recent All - Armed Forces round robin tournament at Camp Pendleton, Calif.

Ebong says that he has been playing the sport he loves since he was 11, and says his inspirations are his brothers, both former Division I college players.

"My older brother Ben played for Davidson College in North Carolina, and my other brother Victor played for the University of North Carolina-Wilmington. They both have played professionally overseas, where one just played in Germany and the other played in Sweden," Ebong said.

Ebong said this is his first year playing on the All-Navy basketball team. He said he tried out for the team in San Diego and earned a much-coveted position on the twelve man team.

"I made the team and we went on to play in the All-Armed Forces Tournament at Camp Pendleton, Calif. which was a six-game, six-day tournament and ended our tournament record at 4-2, so we did very well."

This was the first time that the team has won the

tournament since 1996, according to Ebon.

Even though Ebong feels honored to have received the honorable title of team MVP, he feels said that his achievement was really a team effort.

"All of our team members were very deserving of the honor, it was very rewarding because we did two-a-days (two work-outs and practices on the same day). We had one day off during the entire tournament. We were all very competitive, so it was very rewarding."

Ebong's Young Gunz coach, Information Systems Technician First Class (SW) Eric E. Grizzard, also a fellow player, says said the entire Fort McHenry basketball team is proud of Ebong's recent accomplishment.

"The entire Young Gunz team knew all along that 'Big E' (Ebong) could, and would make the team. We were very happy for him getting the MVP, it just shows his hard work ethic," Grizzard said.

While Ebong was away during the tournament, the Young Gunz played some tough games, but still came out on the winning end. When Ebong returned, the Gunz have only improved

with him back on the floor.

"We are much better with him on the court with us because he can do so many things with the ball. 'Big E' is so intimidating by his size, other teams get too focused on trying to slow or shut him down. Notice that I said try," Grizzard joked. "We are fortunate to be on such a

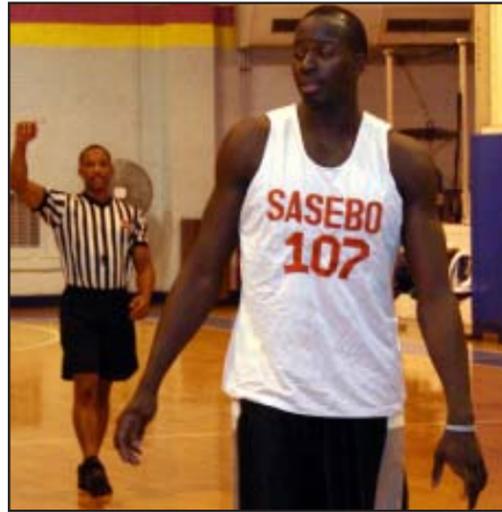
winning streak (over 30 games), and we could not have done this without each one of the Gunz playing as a team and especially without our team captain."

Ebong says that he plans on continuing to pursue his dream of playing professional basketball.

He hopes to follow in the footsteps of on his path to the in the likes of former fellow Naval officer, David Robinson, and go on to eventually play professional basketball.

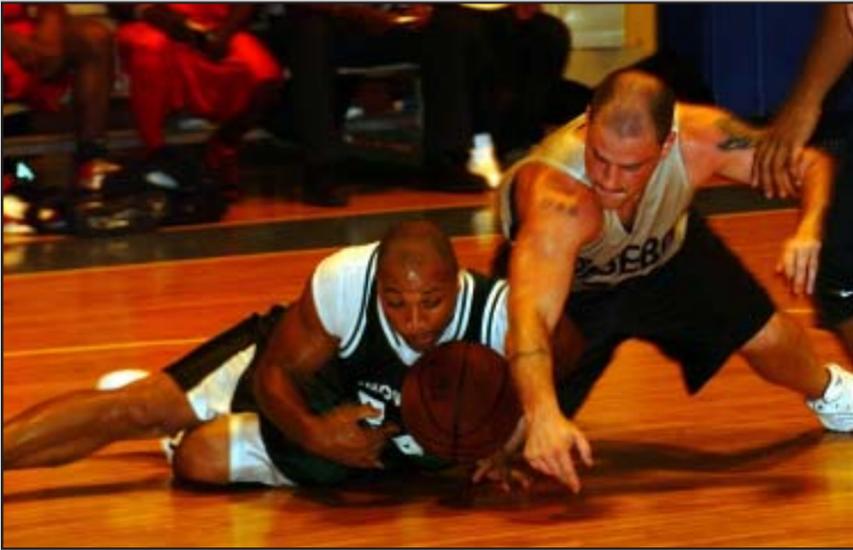
"If the opportunity presents itself, I will jump at the opportunity, but only time will tell."

USS Fort McHenry (LSD 43) is a dock landing ship forward deployed to Sasebo, as part of the Forward Deployed Amphibious Ready Group.



Lt. j.g. Francis Ebong
All - Navy basketball team MVP

Showtime bashes Boxer, 43 - 22



Showtime's Gerren Alexander dives for a loose ball as a Boxer opponent follows close behind. The Showtime outhustled their visiting Boxer opponents during their 43 - 22 victory Tuesday, Aug. 16 at the Fleet Gym. (U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: Heat related illnesses

Alec Culpepper
MWR Fitness & Aquatics Director

Heat cramps

Heat cramps are caused by a deficiency of water and sodium in the body. Heat cramps occur in the muscles after exertion, often after a person sweats profusely and drinks water but without adequate electrolyte replacement.

Heat exhaustion

Heat exhaustion is caused by excessive fluid loss in a hot environment. Sweating occurs with heat exhaustion, and the person's temperature may be elevated but not above 40°C (104°F).

Heat stroke

Heat stroke is the most severe form of heat-related illness. Heat stroke occurs when the body's heat-regulating mechanism fails. A person's temperature may be elevated above 40°C (104°F). The skin is warm and dry. The high body temperature damages tissues, including muscle and brain tissue. Heat stroke may lead to permanent disability and death.

Symptoms

Heat cramps: Pain and cramps occur in the muscles.

Heat exhaustion: Symptoms include sweating, moist, pale and clammy skin, fatigue, headache, dizziness, shallow

breaths and a weak, rapid pulse. People who experience heat exhaustion are tired but not confused.

Heat stroke: The skin is flushed, hot and dry, and the temperature may be elevated. A person experiencing heat stroke may be confused, develop seizures, have shallow breathing and have a weak, rapid pulse.

Treatment

Heat cramps: A person should rest and drink water or an electrolyte solution (for example, Gatorade). Stretching or directing pressure on the muscles may decrease cramping.

Heat exhaustion: A person should rest in a cool location and elevate the feet about 12 inches. A person should also drink water or an electrolyte solution. IV fluids should be administered if available. Untreated heat exhaustion may lead to heat stroke.

Heat stroke: Treatment consists of rapid cooling. Ice should be placed in the person's armpits and groin area. The person should be dampened with a water spray, wet sponges, or wet towels. Air should be blown over the person with a fan. Cool IV fluids should be infused if available. Covering the person with ice or immersing the person in ice is not recommended.



with hosts

Isaiah Mincks

Dennis Lebling and Dave Glazier

Thursday mornings 8:00 - 9:00



Upcoming Sports Events

What: August Splash-n-Dash

When: Sunday, Aug. 21 at 8:30 a.m.

Where: Main Base Pool

What: Youth Splash-n-Dash

When: Saturday, Aug. 27 at 8:30 a.m.

Where: Main Base Pool